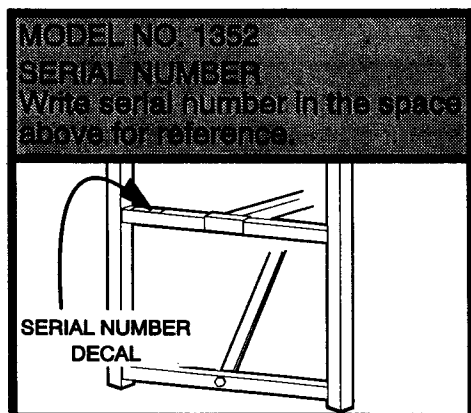


MUSCLE

1352



APPROXIMATE SETUP DIMENSIONS:

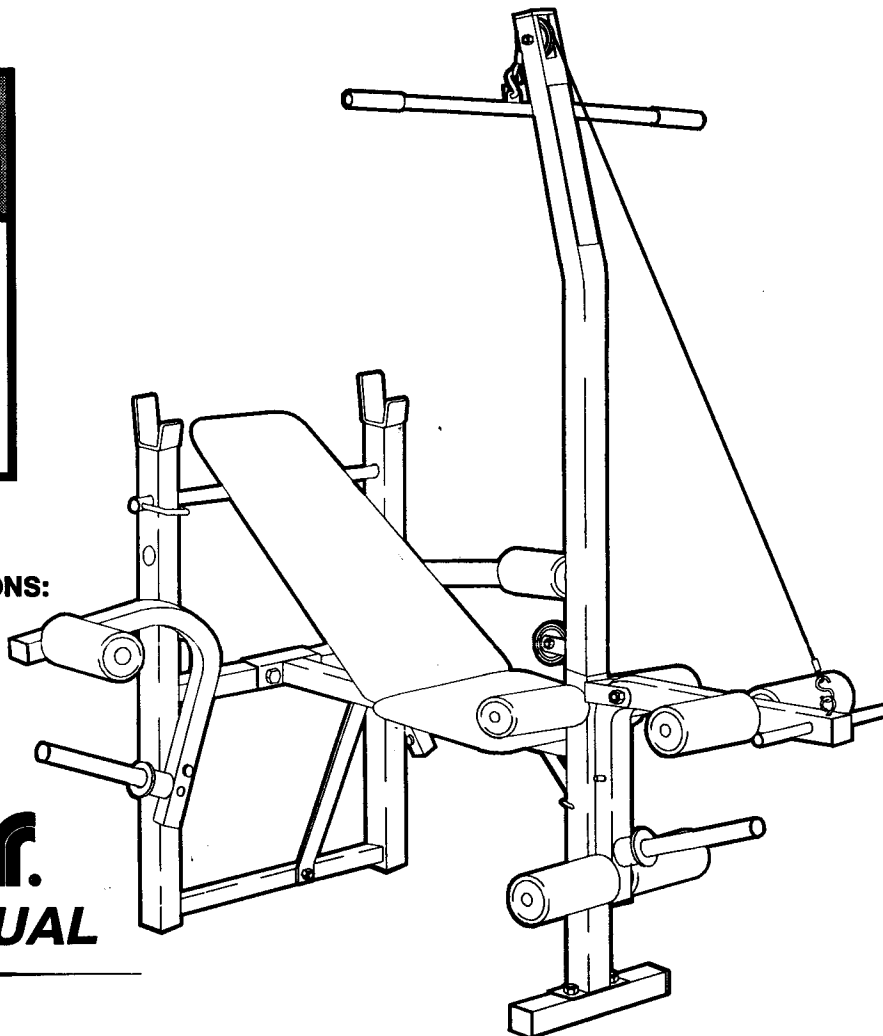
66" L X 45" W X 72" H

APPROXIMATE WEIGHT:

55 LBS.

weider.
OWNER'S MANUAL

MADE IN TAIWAN



Congratulations on selecting a WEIDER Fitness Product. You have just joined thousands of health conscious men and women in the growing family of WEIDER customers.

We are committed to providing excellent service and customer satisfaction. We invite you to call us with any questions you may have concerning this product. Our customer service representatives are here to serve you and provide helpful information.

Call us toll -free at 1-800-225-0653, Monday-Friday 7:00 AM - 6:00 PM CST.

Extended Seasonal Hours: (Dec. 1 - Feb. 28) Monday-Friday 7:00 AM - 9:00 PM;
Saturday 9:00 AM - 5:00; Sunday 12:00 PM - 4:00 PM.

Thank you again for choosing WEIDER. We appreciate having you as a customer and hope this product will provide years of enjoyable service.

PRINTED IN CANADA

1-800-225-0653

WEIDER SPORTING GOODS, INC.
900 West St. John, Olney, IL 62450 USA

TABLE OF CONTENTS

TABLE OF CONTENTS	1
IMPORTANT SAFETY PRECAUTIONS	1
UNPACKING TIPS	1
TOOLS REQUIRED	1
PART LIST	2
ORDERING PARTS	3
ASSEMBLY STEPS	4-8
WARRANTY	9

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

CAUTION: DO NOT ASSEMBLE OR USE THIS EQUIPMENT ON A NON-MAR SURFACE.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Assembly Manual.
3. Position the Weight Bench on a level surface.
4. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
5. Always hold the handle bars when exercising.
6. Keep hands away from moving parts other than the designated handles.
7. Keep small children away from this equipment during use.
8. Do not allow small children to play on this equipment unattended.
9. Wear appropriate workout attire, including running or aerobic shoes.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

UNPACKING TIPS:

To avoid losing small parts during the unpacking process we suggest that you remove and unwrap one part at a time and discard the paper wrapping in the lid of the box.

Do not discard packing material until the weight bench is completely assembled. If you are missing a part, it may have gotten mixed up with the wrapping paper.

Lay each unwrapped part to the side so you can easily see each part for ease of identification as you do your assembly.

Lay the nuts, bolts, washers, etc. in groups of like sizes and lengths. Putting these inside the carton bottom would be a good place to hold them to avoid losing parts. You can also write the sizes below each group to help you identify them.

TOOLS REQUIRED FOR ASSEMBLY:

1. Two adjustable crescent wrenches or a combination of 1/2" and 9/16" box end wrenches.
2. A flat blade screwdriver.
3. A Hammer.

ESTIMATED TIME OF ASSEMBLY IS 1 1/2 TO 2 HOURS

1352 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
1	UPRIGHT	1	KT6977-F53*G29
2	ANGLE BRACKET	1	KT6978-F53*G29
3	MAIN FRAME	1	KT6979-F53*G29
4	FRONT SUPPORT	1	KT6980-F53*G29
5	BACKREST ADJ BAR	1	KT6054-A06*G29
6	FOAM ROLLER - 2" X 6"	2	KT0446-E01*G29
7	PAD BAR - 3/4" X 11 1/2"	2	KT6976-F53*G29
8	BACKREST	1	KT1330-E01*G29
9	SEAT	1	KT1331-E01*G29
10	LONG ANGLE IRON	2	KT6981-F53*G29
11	LEG CURL	1	KT6982-F53*G29
12	MAST	1	KT6983-F53*G29
13	FOAM PAD - 2 3/4" X 5"	6	KT0437-B25*G29
14	RIGHT BUTTERFLY	1	KT6984-F53*G29
15	LEFT BUTTERFLY	1	KT6985-F53*G29
16	LAT BAR	1	KT6986-F53*G29
17	BUTTERFLY PAD BAR - 3/4" X 9"	2	KT6363-F03*G29
18	PAD BAR - 3/4" X 13 1/2"	1	KT6357-F03*G29
19	FOAM GRIP	2	KT0417-B05*G29
20	WEIGHT BAR - 1" X 12"	1	KT6975-F53*G29
21	PULLEY 2 7/8"	2	AA-8215*G29
22	5/16" EYE-LET BOLT	1	HH-5313*G29
23	3/8" X 2" HEX HEAD BOLT	1	HH-5244*G29
24	3/8" ACORN NUT	3	HH-5020*G29
25	CABLE - 58" LONG	1	KT6647-F53*G29
26	CABLE - 48" LONG	1	KT6648-F53*G29
27	S HOOK	2	WW-7030*G29
50	5/16" X 2 1/4" HEX HEAD BOLT	4	HH-5199*G29
54	5/16" X 5" HEX HEAD BOLT	2	HH-5328*G29
55	5/16" NYLON LOCK NUT	12	HH-5012*G29
56	3/8" X 2 1/2" HEX HEAD BOLT	1	HH-5018*G29
57	3/8" X 1 3/4" HEX HEAD BOLT	1	HH-5308*G29
59	1/4" X 3/4" MACHINE SCREW	6	HH-5022*G29
70	2" SQUARE PLASTIC INSERT CAP	2	AA-8002*G29
71	1 1/2" SQUARE PLASTIC INSERT CAP	6	AA-8001*G29
72	1" ROUND PLASTIC INSERT CAP	7	AA-8005*G29
73	1" ROUND PLASTIC COVER CAP / WITH 15 DEGREE END	1	AA-8070*G29
74	3/4" ROUND PLASTIC INSERT CAP	9	AA-8004*G29
75	WEIGHT STOP	2	AA-8112*G29
76	PLASTIC SLEEVE - 7/8" I.D. X 2"	2	AA-8091*G29
77	PLASTIC SLEEVE - 1/2" O.D. X 3"	2	AA-8128*G29
78	STOPPER PIN	2	WW-7038*G29
79	5/16" X 1 3/4" HEX HEAD BOLT	4	HH-5301*G29
80	5/16" X 3 1/4" HEX HEAD BOLT	1	HH-5297*G29
81	METAL FERRULE - 3/8" LONG	2	HH-5534*G29
82	LARGE WASHER	2	HH-5373*G29
	ASSEMBLY MANUAL	1	KTNN-1282*G29
	HARDWARE BAG (BOLT AND NUTS)	1	KT5765-F53*G29
	HARDWARE BAG (PLASTICS)	1	KT5766-F53*G29

ORDERING PARTS

TO INSURE THAT YOU WILL GET ALL OF THE PRIVILEGES AND PROTECTION THAT COME WITH YOUR PURCHASE, PLEASE COMPLETE YOUR *OWNER'S REGISTRATION CARD* WITHIN THE NEXT 10 DAYS.

Simply mail your *OWNER'S REGISTRATION CARD* to receive all benefits to which you are entitled.

WARRANTY VERIFICATION : Your prompt registration verifies your right to protection under the terms and conditions of your warranty.

OWNER CONFIRMATION : Your completed OWNER'S REGISTRATION CARD serves as confirmation of ownership in the event of product loss or theft.

1. YOUR OWNER'S I.D. CARD VERIFIES THE PRODUCT YOU HAVE PURCHASED, YOUR NAME, ADDRESS, AND THE DATE OF YOUR PURCHASE.
2. PARTS MAY BE ORDERED USING THE PARTS ORDER CARD WHICH IS INCLUDED WITH THIS PRODUCT OR BY CALLING OUR PRODUCT SERVICE NUMBER: 1-800-225-0653.
3. BEFORE ORDERING PARTS BY PHONE HAVE READY THE FOLLOWING INFORMATION TO EXPEDITE YOUR ORDER:

1. Name of the Product (MUSCLE 1352 WEIGHT BENCH)
2. Model Number of the Product (1352)
3. Ordering Number of the Part (See Parts List Page)
4. Description of the Part from the Parts List Page.
5. Country of the Manufacturer (See Cover)

THE SAME INFORMATION IS REQUIRED WHEN PLACING YOUR ORDER BY MAIL.

If you need parts or assistance do not return this product to the store, simply contact WEIDER CUSTOMER ASSISTANCE at 1-800-225-0653 Monday through Friday 7 a.m. to 6 p.m. CST.

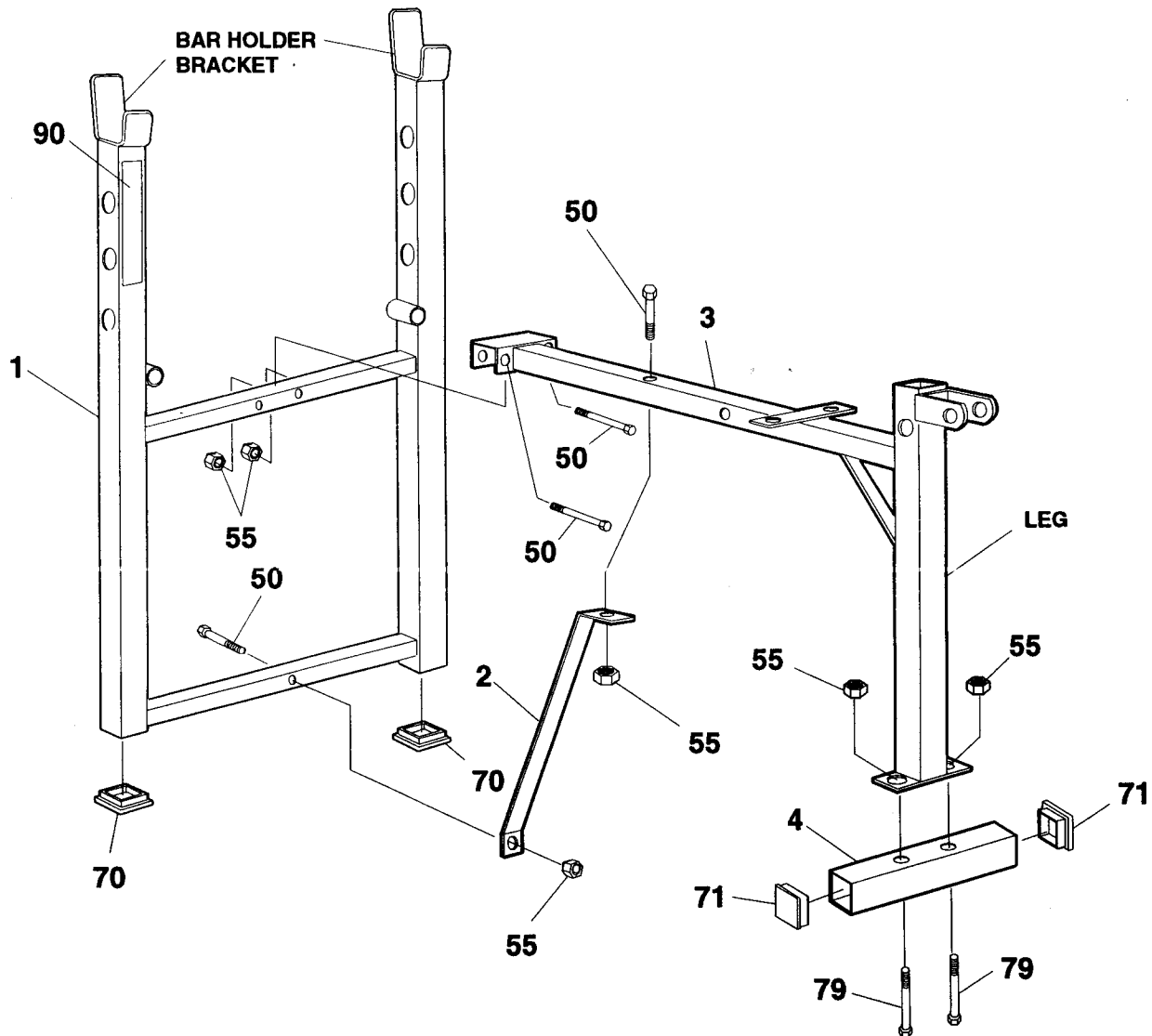
Extended Seasonal Hours (Dec. 1 - Feb. 28) Monday through Friday 7 a.m. to 9 p.m.; Saturday 9 a.m. to 5 p.m.; Sunday 12 p.m. to 4 p.m.

All parts and service inquiries should be directed to: WEIDER SPORTING GOODS, Parts Service Department, 900 West ST. John Street, Olney Illinois. 62450.

STEP 1 FRAME ASSEMBLY

PART NAME	QTY
50 5/16" X 2 1/4" HEX HEAD BOLT	4
55 5/16" NYLON LOCK NUT	6
70 2" SQUARE PLASTIC INSERT CAP	2
71 1 1/2" SQUARE PLASTIC INSERT CAP	2
79 5/16" X 1 3/4" HEX HEAD BOLT	2

- ☐ Press 2" **SQUARE PLASTIC INSERT CAPS (70)** into the bottom end of the **UPRIGHT (1)**.



- ☐ Press 1 1/2" **SQUARE PLASTIC INSERT CAPS (71)** into each end of the **FRONT SUPPORT (4)**. Look carefully at the **FRONT SUPPORT (4)**. One side of the Front Support has the bolt holes dimpled in - this is the side of the part that must be faced to the floor. Bolt **MAIN FRAME (3)** front bracket to the top of the **FRONT SUPPORT (4)** using **5/16" X 1 3/4" HEX HEAD BOLTS (79)** to bolt up through the bottom of the Support and then through the Main Frame. Secure with **5/16" NYLON LOCK NUTS (55)**.
- ☐ Assemble the rear U-Bracket of the **MAIN FRAME (3)** over the Cross-Member of the **UPRIGHT (1)** and secure using **5/16" X 2 1/4" HEX HEAD BOLTS (50)** and **5/16" NYLON LOCK NUTS (55)**.
- ☐ Assemble the **ANGLE BRACKET (2)** to **MAIN FRAME (3)** with a **5/16" X 2 1/4" HEX HEAD BOLT (50)** and a **5/16" NYLON LOCK NUT (55)**. Next bolt the **ANGLE BRACKET (2)** to the lower cross-member of the **UPRIGHT (1)** with a **5/16" X 2 1/4" HEX HEAD BOLT (50)** and a **5/16" NYLON LOCK NUT (55)**.
- ☐ **UPRIGHT DECAL:** Remove the backing from the **DECAL (90)** and align on the **UPRIGHT (1)** below the Bar Holder Bracket.

STEP 2 BACKREST AND SEAT ASSEMBLY

PART NAME	QTY
55 5/16" NYLON LOCK NUT	1
59 1/4" X 3/4" MACHINE SCREW	6
74 3/4" ROUND PLASTIC INSERT CAP	1
80 5/16" X 3 1/4" HEX HEAD BOLT	1
81 METAL FERRULE	2

- ☐ Turn the **BACKREST (8)** over to expose the threaded holes. Position the **LONG ANGLE IRONS (10)** so that the flat side faces the outside of the Pad and fasten with **1/4" X 3/4" MACHINE SCREWS (59)** (SEE DETAIL A). **DO NOT COMPLETELY TIGHTEN THESE SCREWS AT THIS TIME!**

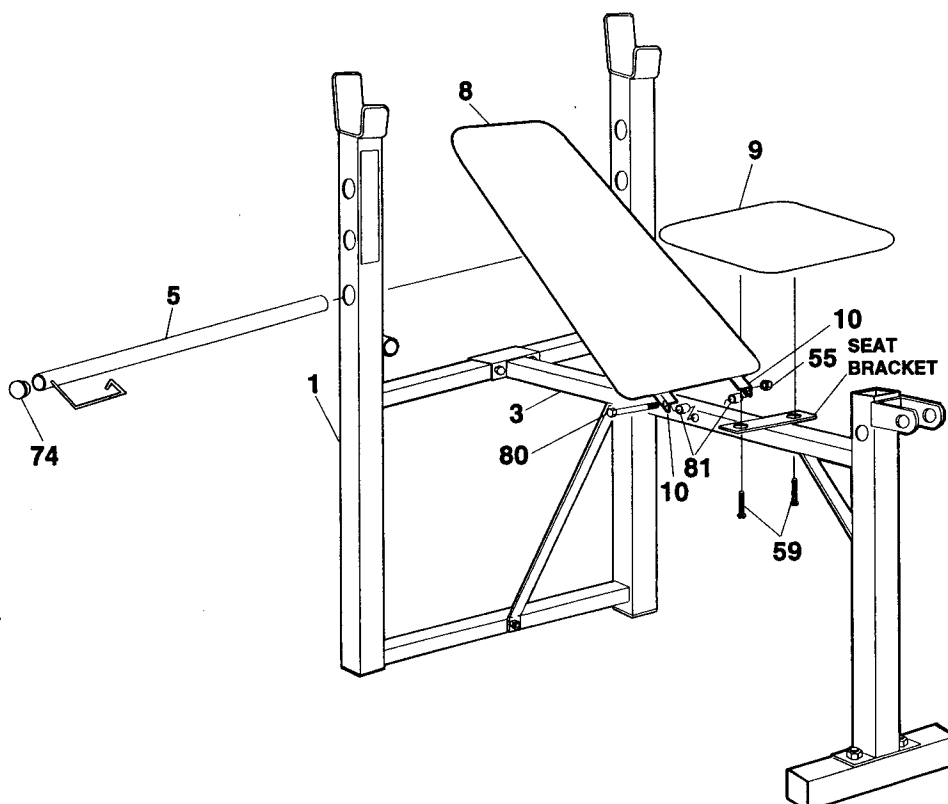
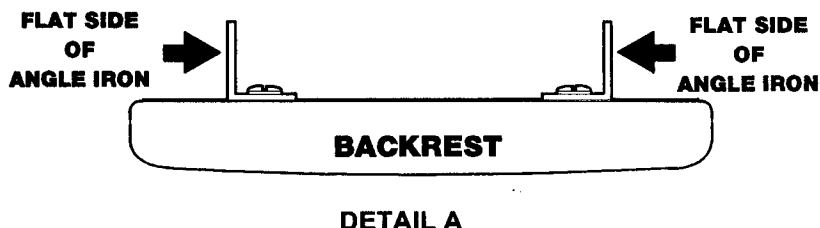
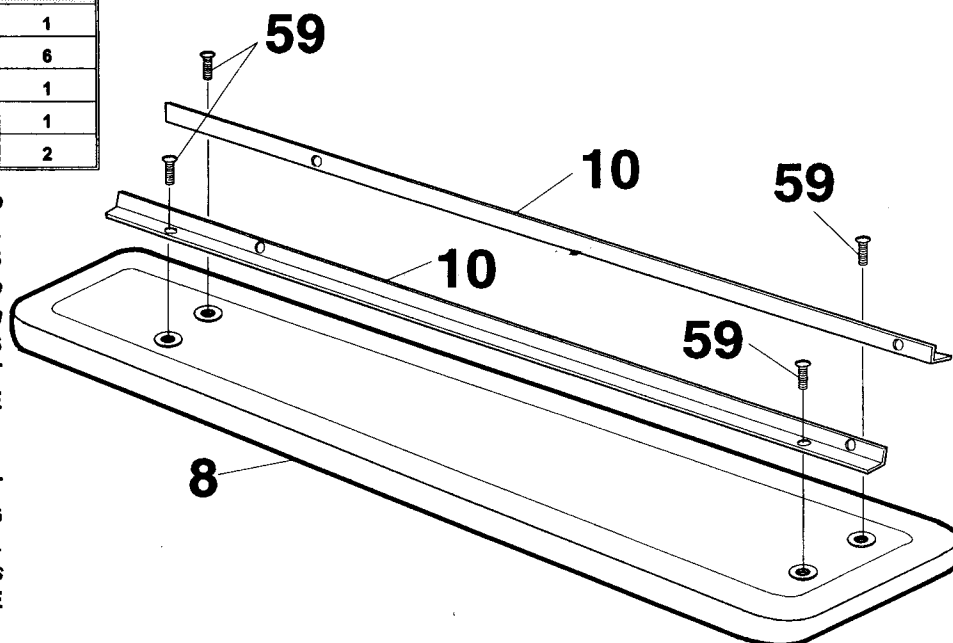
- ☐ The bottom end of the **BACKREST (8)** is the end which the **LONG ANGLE IRONS (10)** extend past. This is also the end that is assembled to the **MAIN FRAME (3)**.

- ☐ Straddle the Long Angle Irons over the bolt hole in the Main Frame where the Backrest is to be assembled. Assemble the **5/16" X 3 1/4" HEX HEAD BOLT (80)** into the large hole at the very end of one of the **LONG ANGLE IRONS (10)** and into one **METAL FERRULE (81)**. The Hex Head Bolt will then go all the way through the Main Frame. As it comes out of the Main Frame on the other side place another **METAL FERRULE (81)** onto the bolt and push the bolt the rest of the way through into the opposite **LONG ANGLE IRON (10)**. Secure with a **5/16" NYLON LOCK NUT (55)**.

- ☐ **TIGHTEN ALL THE MACHINE SCREWS ON THE BACK OF THE BACKREST AT THIS TIME.**

- ☐ Align the **SEAT (9)** onto the **Seat Bracket** on the **MAIN FRAME (3)** and attach with **1/4" X 3/4" MACHINE SCREWS (59)**.

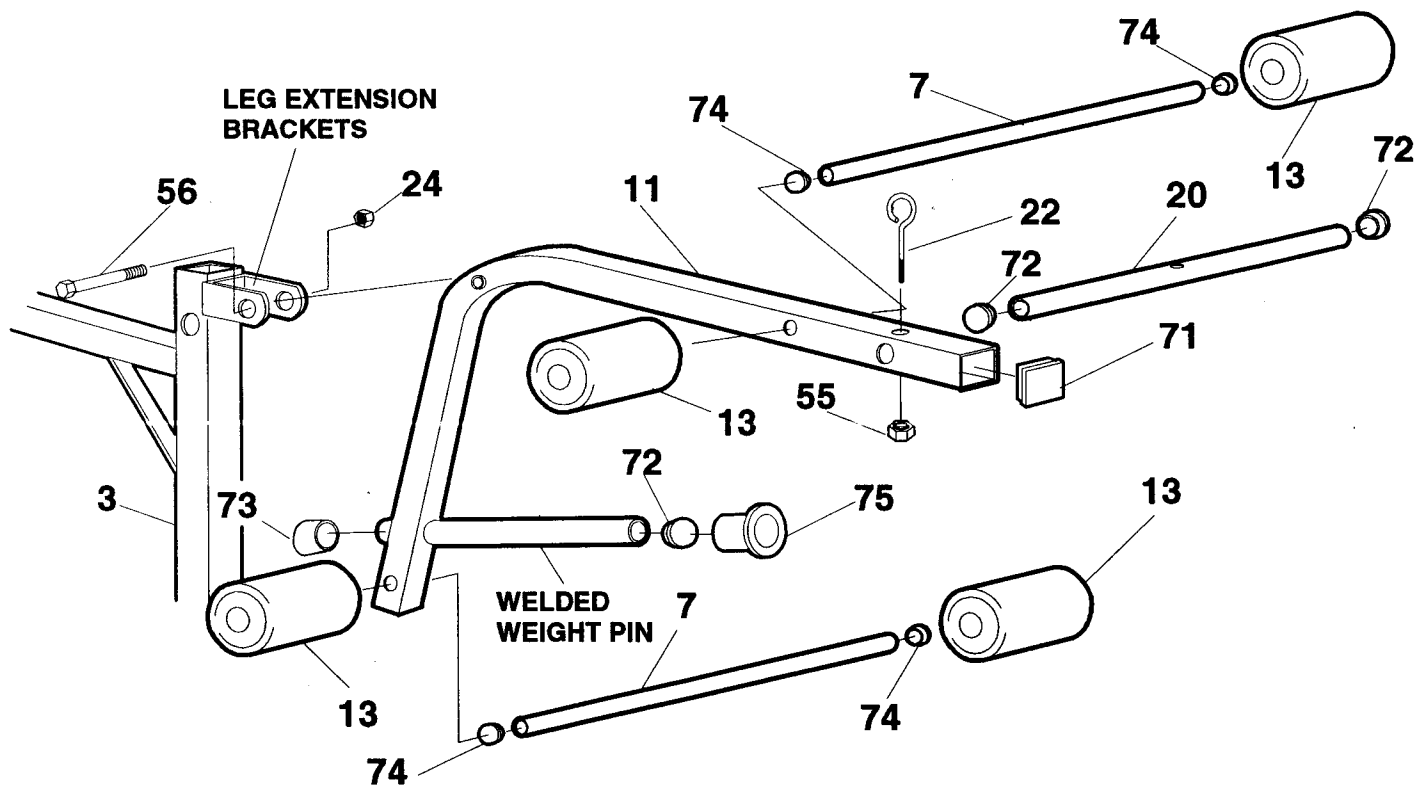
- ☐ Press a **3/4" ROUND PLASTIC INSERT CAP (74)** into the Handle end of the **BACKREST ADJ BAR (5)** and position the Bar into one of the hole patterns in the **UPRIGHT (1)**. The Backrest Adj Bar is used to position the Backrest into three positions for doing various exercises.



STEP 3 LEG CURL ASSEMBLY

PART NAME	QTY
22 5/16" EYE-BOLT	1
24 3/8" ACORN NUT	1
55 5/16" NYLON LOCK NUT	1
56 3/8" X 2 1/2" HEX HEAD BOLT	1
71 1 1/2" SQUARE PLASTIC INSERT CAP	1
72 1" ROUND PLASTIC INSERT CAP	3
73 1" ROUND COVER CAP WITH 15° END	1
74 3/4" ROUND PLASTIC INSERT CAP	4

- ☐ Press a 1 1/2" SQUARE PLASTIC INSERT CAP (71) into the forward end of the LEG CURL (11).
- ☐ Press a 1" ROUND PLASTIC INSERT CAP (72) into the forward end of the Welded Weight Pin in the lower LEG CURL (11) and place the 1" ROUND COVER CAP WITH 15 DEGREE END (73) on the back end. The 15 degree side of the Cap should be oriented to the angle of the Weight Pin. Slide the WEIGHT STOP (75) over the Weight Pin (flared side out) until it is against the Leg Curl Frame.



- ☐ Position the Leg Curl between the Leg Curl Brackets on the MAIN FRAME (3) and secure with 3/8" X 2 1/2" HEX HEAD BOLT (56) and 3/8" ACORN NUT (24). This Bolt should be tightened but be careful not to over tighten or the Leg Curl will bind.
- ☐ Select the WEIGHT BAR (20) (This is a round tube 1" in diameter and 12" long with a hole in the center.) Press 1" ROUND PLASTIC INSERT CAP (72) into each end of the Weight Bar.
- ☐ Assemble the WEIGHT BAR (20) through the 1" hole at the forward end of the LEG CURL (11). Align the bolt holes and secure in place with a 5/16" EYE-BOLT (22) and a 5/16" NYLON LOCK NUT (55).
- ☐ Select the two PAD BARS (7) (These are round tubes 3/4" in diameter and 11 1/2" long). Press 3/4" ROUND PLASTIC INSERT CAPS (74) into both ends of each Pad Bar. Apply a small amount of liquid dish detergent to each Pad Bar and slide on one 2 3/4" X 5" FOAM PAD (13) to each Pad Bar.
- ☐ Assemble each Pad Bar into the holes at the ends of the LEG CURL (11) and slide on another 2 3/4" X 5" FOAM PAD (13).

STEP 4 BUTTERFLY ASSEMBLY

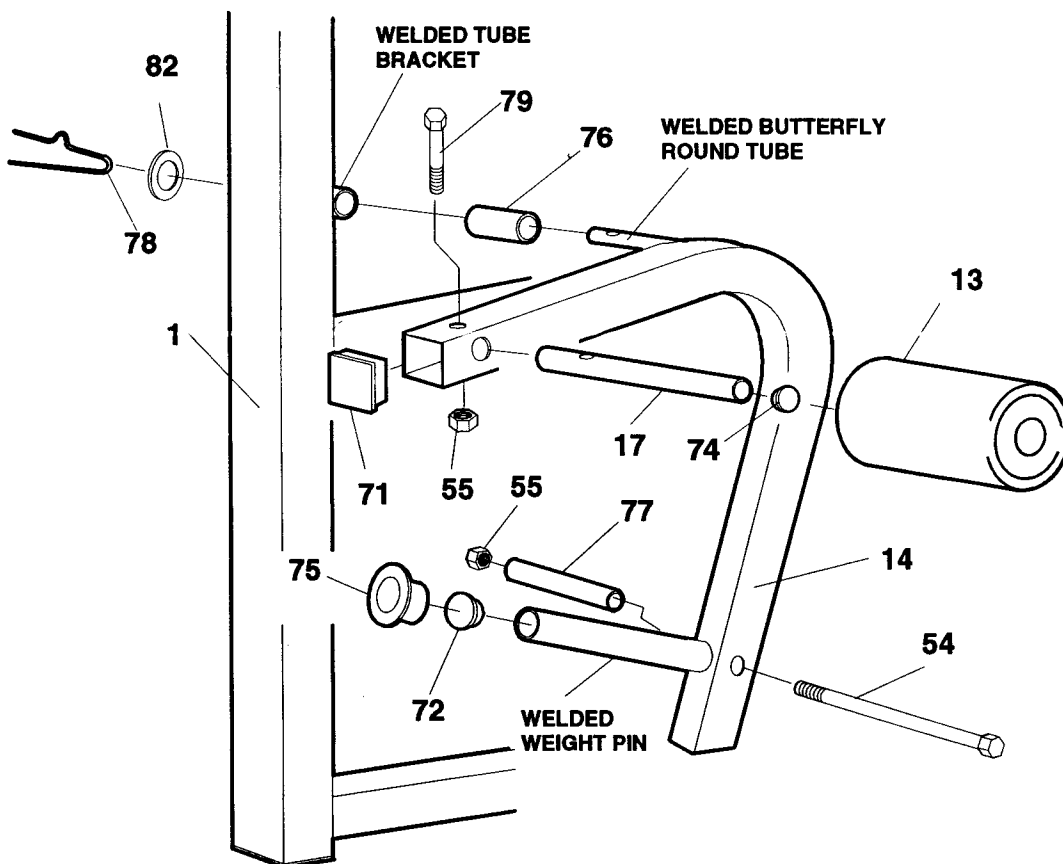
PART NAME	QTY
54 5/16" X 5" HEX HEAD BOLT	2
55 5/16" NYLON LOCK NUT	4
71 1 1/2" SQUARE PLASTIC INSERT CAP	2
72 1" ROUND PLASTIC INSERT CAP	2
74 3/4" ROUND PLASTIC INSERT CAP	2
75 PLASTIC BUSHING	2
76 7/8" I.D. X 2" LONG PLASTIC SLEEVE	2
77 1/2" O.D. X 3" PLASTIC SLEEVE	2
78 STOPPER PIN	2
79 5/16" X 1 3/4" HEX HEAD BOLT	2
82 LARGE WASHER	2

☐ There are two Butterfly Attachments with this unit: a **RIGHT BUTTERFLY (14)** and a **LEFT BUTTERFLY (15)**. Instructions are given for one and are repeated to assemble the other.

☐ Select the **3/4" X 9" BUTTERFLY PAD BAR (17)**. Assemble the end with the hole of the Pad Bar into the large hole in the side and at one end of the Butterfly Frame. (Assemble this into the side of the Frame which does not have the Welded Round Tube.) Aligning bolt holes, bolt using a **5/16" X 1 3/4" HEX HEAD BOLT (79)** through the Butterfly Frame and then through the Butterfly Pad Bar. Secure with a **5/16" NYLON LOCK NUT (55)**.

☐ Press a **3/4" ROUND PLASTIC CAP (74)** into the end of **BUTTERFLY PAD BAR (17)**. Slide **LARGE FOAM PAD 2 3/4" x 5" (13)** onto the end of the **BUTTERFLY PAD BAR (17)**. Again a small amount of liquid dish detergent will help with this assembly.

☐ At the other end of the Butterfly Frame, attach a **5/16" X 5" HEX HEAD BOLT (54)** through the Butterfly Frame and the Welded Weight Pin. A **1/2" O.D. X 3" PLASTIC SLEEVE (77)** will then be assembled onto the Bolt and secured with the **5/16" NYLON LOCK NUT (55)**. Press **1" ROUND PLASTIC CAP (72)** into the end of the Welded Weight Pin. Slide **PLASTIC BUSHING (75)** over Weight Pin until it is against the Butterfly Frame.



☐ Assemble a **7/8" I.D. X 2" LONG PLASTIC SLEEVE (76)** over the Welded Round Tube on the Butterfly Frame.

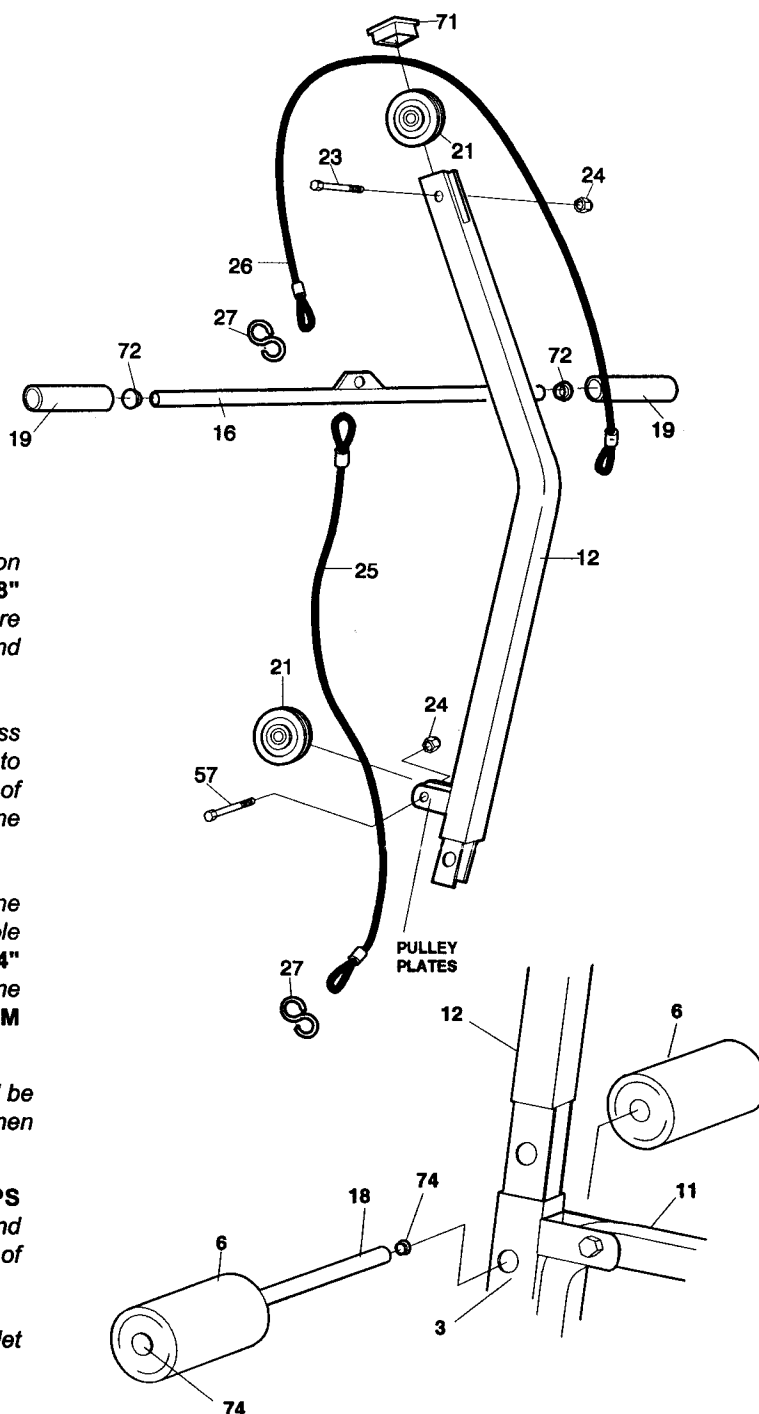
☐ Slide the entire assembly into Welded Tube Bracket on the **UPRIGHT (1)**. Assemble a **LARGE WASHER (82)** onto the Welded Round Tube. Insert the **STOPPER PIN (78)** into the center of the assembly (rounded end first), making sure the side of the Stopper Pin that has a raised section is aligned with the hole in the welded Butterfly Tube. Push **STOPPER PIN (78)** into Welded Butterfly Tube Bracket until it clicks into place as the raised section exits the hole.

☐ Press a **1 1/2" SQUARE PLASTIC INSERT CAP (71)** into the end of the Butterfly Frame.

STEP 5 MAST ASSEMBLY

PART NAME	QTY
23 3/8" X 2" HEX HEAD BOLT	1
24 3/8" ACORN NUT	2
27 S-HOOK	2
57 3/8" X 1 3/4" HEX HEAD BOLT	1
71 1 1/2" SQUARE PLASTIC INSERT CAP	1
72 1" ROUND PLASTIC INSERT CAP	2
74 3/4" ROUND PLASTIC INSERT CAP	2

- ☐ Assemble **PULLEY (21)** into top of **MAST (12)** and secure with **3/8" X 2" HEX HEAD BOLT (23)** and **3/8" ACORN NUT (24)**.
 - ☐ Drape **58" CABLE (26)** over **PULLEY (21)** and cap **MAST (12)** with **1 1/2" SQUARE PLASTIC INSERT CAP (71)**.
 - ☐ Assemble **PULLEY (21)** into the **Pulley Plates** on the bottom of the **MAST (12)** trapping the **48" CABLE (25)** behind the **PULLEY (21)**. Secure with **3/8" X 1 3/4" HEX HEAD BOLT (57)** and **3/8" ACORN NUT (24)**.
 - ☐ Select the **3/4" X 13 1/2" PAD BAR (18)**. Press **3/4" ROUND PLASTIC INSERT CAPS (74)** into the ends of the Pad Bar. Wipe a small amount of liquid dish detergent to the Bar and slide on one **2" X 6" FOAM ROLLER (6)**.
 - ☐ Assemble the **MAST (12)** down into the top of the **MAIN FRAME (3)** Leg and align the hole locations. Secure in place by assembling the **3/4" X 13 1/2" PAD BAR (18)** through the Main Frame Leg and the Mast. Slide another **2" X 6" FOAM ROLLER (6)** onto the Bar.
- » **NOTE:** To remove the Mast from the unit, it will be necessary to remove one Foam Roller and then remove the Pad Bar and set the Mast aside.
- ☐ Press a **1" ROUND PLASTIC INSERT CAPS (72)** into each end of the **LAT BAR (16)** and assemble **FOAM GRIPS (19)** onto each end of the **LAT BAR (16)**.
 - ☐ Insert a **S-HOOK (27)** through the Cable eyelet on one end of each **CABLE (25)** and **(26)**.



USING MAST ASSEMBLY

STEP 1 ROWING AND CURLS

- * Insert the **MAST ASSEMBLY (12)** into the **MAIN FRAME (3)**. Connect the eyelet of the front **CABLE (26)** to the **EYELET BOLT (22)** on the **LEG CURL (11)**. Connect the **S-HOOK (27)** on the front **CABLE (26)** to the eyelet of the rear **CABLE (25)** and then to the **LAT BAR (16)**. With this configuration, rowing and curl exercises may be performed. Free weights can be loaded on either or both the **Welded Weight Pin** or the **WEIGHT BAR (20)**.

STEP 2 LAT PULL DOWNS

- * To do Lat Work; either sitting or standing; connect **LAT BAR (16)** directly to **S-HOOK (27)** end of front **CABLE (26)**. Load weight on either the **LEG CURL**, **WEIGHT PIN**, or the **WEIGHT BAR (20)**.

LIMITED WARRANTY

Weider Sporting Goods, Inc. warrants this item of equipment to be free from defects in material and/or workmanship for a period of 90 DAYS from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of THREE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may have other rights which vary from state to state.

CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Weider Sporting Goods 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

To obtain warranty you must include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment; otherwise no warranty will be issued. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs.

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.